

WEIGHTLIFTING APPARATUS

ABSTRACT OF THE DISCLOSURE

A weightlifting apparatus includes a ring-shaped support frame adapted to rest on a base that holds a plurality of weights, with side edges of the weights adjacent side sections of the support frame. An interlock mechanism includes slide members on the support frame that are movable along the side sections, and interlock tabs on the weights that slide across grooves in the weights. The slide members are configured to cammingly engage one end of the interlocking tabs, such that as the slide members engage the tabs on one side of the weights, the interlocking tabs move into engagement with an opposite side of the weights. The slide members are interconnected by a flexible ring, and are configured to move in opposite directions to selectively engage pairs of the weights so that pairs of the weights are selectively secured to the support frame by the interlock mechanism.